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REVIEW INTEGRATIVE OF THE LITERATURE

Contraceção na adolescência: conhecimento, métodos escolhidos e critérios adotados

Contraception in adolescence: knowledge, chosen methods and criteria adopted

Anticoncepción en la adolescencia: conocimientos, métodos elegidos y criterios adoptados

Anna Karolina Lages de Araújo¹, Augusto Cezar Antunes de Araujo Filho², Telma Maria Evangelista de Araújo³, Inez Sampaio Nery⁴, Silvana Santiago da Rocha⁵

ABSTRACT

Objective: Analyzing the scientific production in the ten-year period related to knowledge about contraception in adolescence. **Method:** To reach the proposed objective we opted for the choice of the integrative review (RI). The search for primary studies took place in September 2014 and included 13 articles. **Results:** Studies have shown that most teens are aware only of the condom and oral and injectable contraceptives, also showing strong relationship between low education and the young age, with no use of the methods. **Conclusion:** Young people begin their sexual activity increasingly early, which has provided a gradual increase access and to the knowledge about contraceptive use. But still, there are many uncertainties in relation to contraceptive methods, requiring investments in sexual education of adolescents. **Descriptors:** Contraception, Adolescent, Adolescent behavior, Nursing.

RESUMO

Objetivo: Analisar a produção científica do período de dez anos relacionada ao conhecimento sobre contraceção na adolescência. **Método:** Para alcance do objetivo proposto optou-se pela escolha da revisão integrativa (RI). A busca dos estudos primários ocorreu no mês de setembro de 2014, e incluiu 13 artigos. **Resultados:** Os estudos mostraram que a maioria dos adolescentes tem conhecimento apenas do *condom* ou camisinha e dos métodos anticoncepcionais orais e injetáveis, evidenciando também forte relação entre a baixa escolaridade e a pouca idade com a não utilização dos métodos. **Conclusão:** Os jovens iniciam sua atividade sexual cada vez mais precocemente, o que tem proporcionado um aumento gradual ao acesso e ao conhecimento sobre o uso de anticoncepcionais. Entretanto, ainda existem muitas incertezas em relação aos métodos contraceptivos, sendo necessários investimentos na educação sexual dos adolescentes. **Descritores:** Anticoncepção, Adolescente, Comportamento do adolescente, Enfermagem.

RESUMEN

Objetivo: Analizar la producción científica en el período de diez años en relación con el conocimiento acerca de la anticoncepción en la adolescencia. **Método:** Para alcanzar el objetivo propuesto optamos por la elección de la revisión integradora (RI). La búsqueda de estudios primarios se llevó a cabo en septiembre de 2014 e incluyó 13 artículos. **Resultados:** Los estudios han demostrado que la mayoría de los adolescentes está informada sólo del condón y anticonceptivos orales e inyectables, que también muestra una fuerte relación entre el bajo nivel de educación y la edad joven, sin el uso de los métodos. **Conclusión:** Los jóvenes comienzan su actividad sexual cada vez más temprano, que ha proporcionado un aumento del acceso progresivo y al conocimiento acerca del uso de anticonceptivos. Pero, aun así, hay muchas incertidumbres en relación a los métodos anticonceptivos, lo que requiere inversiones en la educación sexual de los adolescentes. **Descriptor:** Anticoncepción, Adolescente, Conducta del adolescente, Enfermería.

¹Nurse. Master degree in Nursing Graduate Program from the Federal University of Piauí. Teresina/PI, Brasil. E-mail: karol_lages@hotmail.com; ²Nurse. Master degree in Nursing Graduate Program from the Federal University of Piauí. Teresina/PI, Brasil. E-mail: araujoaugusto@hotmail.com; ³Nurse. PhD in Nursing. Professor of the Nursing Course of the Graduate Program (Master and PhD) from the Federal University of Piauí. Teresina/PI, Brasil. E-mail: telmaevangelista@gmail.com; ⁴Nurse. PhD in Nursing. Professor of the Nursing Course of the Graduate Program (Master and PhD) from the Federal University of Piauí. Teresina/PI, Brasil. E-mail: ineznery.ufpi@gmail.com; ⁵Nurse. PhD in Nursing. Professor of the Nursing Course of the Graduate Program (Master and PhD) from the Federal University of Piauí. Teresina/PI, Brasil. E-mail: silvanasantiago27@gmail.com

INTRODUCTION

Adolescence is understood by the World Health Organization (WHO) as the period 10-19 years of age, stage that usually marks the onset of sexual activity. At this stage, several changes occur that may be biological, psychological or social, which are related to physical growth, sexual maturation, acquisition of reproductive capacity.¹⁻² With the exercise of their sexuality adolescents are exposed to various risks, which is also a period of extreme vulnerability.³⁻⁴

When assessing adolescents' knowledge about contraceptive methods (MACs) it is evident in the gaps between knowledge and good practice. Studies show that adolescents of lower age and lower education become sexually active earlier, having less knowledge about MACs, while the older age, higher education and high family income have more knowledge.⁵⁻⁷

Most contraceptive methods can be used by teenagers; however, the methods chosen and greater knowledge on these young people are constantly condom and oral and injectable contraceptives.⁷

Although Family Planning program also should address the adolescent, guaranteeing him access to information of good quality and the availability of contraceptive alternatives, promoting his approach to the health service; not always the teenager believes his expectations met, which ends for distancing him from service units.^{8,6}

Inadequate knowledge about contraceptive methods can be a resistance factor against their acceptance and use of this method, with the knowledge of MACs and risks arising from fundamental unprotected sex for adolescents can live sex in an appropriate and healthy way, ensuring prevention of unwanted pregnancy and STD/AIDS, and offer a guarantee of detached sexuality from procreation.⁸⁻⁹

Health professionals must be prepared to receive this young and guide him, while respecting his autonomy, giving necessary information and appropriate follow-up, which confirms care of quality. Among the most common difficulties presented by teenagers to use contraception are difficult dialogue with the partner, the quality and/or inadequate information about contraception and reproduction, and the correct use of contraceptive methods.⁹

Most teenagers today are sexually active and demand for preventive care related to reproductive health, mainly due to the need to reduce negative consequences of unsafe sexual practice and should the health service be properly prepared to receive and address the needs of young people. With the initiation of sexual intercourse increasingly early, it is of great concern about the health of this group, especially those with little schooling and of younger age, than to start early sex life have less knowledge of contraceptive methods.^{10,6,11}

In view of this problem, it was felt necessary to carry out this study, in order to analyzing the scientific production in the ten-year period, related to knowledge about contraception in adolescence.

METHOD

To reach the proposed objective we opted for the choice of the integrative review (RI). The construction of the review was based on the following steps: 1) Development of the research question; 2) Search in the literature of the primary studies; 3) Data extraction of primary studies; 4) Evaluation of primary studies to be included in the review; 5) Analysis and synthesis of the review results and 6) Review of presentation.¹² The guiding question of the review was: "What contraceptive methods are adopted by teenagers?"

The search for primary studies was performed in Latin American and Caribbean Health Sciences (LILACS), Scientific Electronic Library Online (SciELO), Nursing Database (BDENF) and database on Adolescence and Health (ADOLEC). To perform the search, the controlled descriptors were defined according to each database. After this, these descriptors were combined in different ways in order to establish a broad search in the chosen bases.

In the databases LILACS, BDENF and SCIELO we used the following controlled descriptors: contraception, teen, adolescent behavior. For the base ADOLEC controlled descriptors were contraception, teen, adolescent behavior.

The inclusion criteria of the primary studies for review were: studies that portrayed on the theme; complete studies available for free, published in English, Portuguese or Spanish, from January 2004 to September 2014. We excluded all secondary education, such as literature reviews, integrative or systematic, and dissertations, theses, editorials, books, book chapters and books.

The search for primary studies took place in September 2014, resulting in 70 articles. However, after applying the criteria set out there were only 13 articles, two of the BDENF database, three SCIELO four of LILACS and four ADOLEC. The extraction of data from primary studies was performed by two of the review authors independently. The analysis was performed in a descriptive way, including a summary of each study in this review and making comparisons between differences and similarities in the studies.

RESULTS AND DISCUSSION

From the studies included in this research, it was found that most were published in the journal "Journal of Public Health" (n = 4). Regarding the methodological approach, most

research has made use of quantitative, and only one, used a qualitative approach. One can also observe the growth of the thematic studies, where there is an intensification of the publications in the last decade (Table 1).

Table 1 - Characterization of the studies according to title, author, journal, year of publication and methodology. Teresina, 2014.

Author/Title	Journal/Year	Methodology	Ending
Alves AS, Lopes MHBM. Knowledge, attitude and practice of using the pill and condoms among teenager students.	Brazilian Nursing Magazine (2008)	Quantitative, descriptive and transversal.	The teenagers showed positive attitudes toward contraceptive practice (92,6%), and among those who already had active sex life, 82% reported using some method in every relationship, being the condom the most known and used, by the greater access, lower cost and sporality relations.
Rocha CLA, Horta BL, Pinheiro RT, Cruzeiro ALS, Cruz S. Use of contraceptive methods by sexually active teenagers in Pelotas, Rio Grande do Sul State, Brazil.	Journals of Public Health (2007)	Quantitative, transversal.	This research showed that 88% of respondents made use of some method of contraception; condoms have been the method of choice in 63,2% of cases. In addition, the study showed an association between low educational level and the risk of not having use of the preservative.
Araújo MSP, Costa LOBF. Contraception and emergency sexual behavior among teenagers from public schools in Pernambuco, Brazil.	Journals of Public Health (2009)	Quantitative.	Most of the teens mentioned meeting and receiving information about emergency contraception. However, only 22,1% had done correctly. In addition, the girls showed greater knowledge about the method, especially the urban zone. Among rural adolescents, 68% were less experienced with 1,68 times higher chances of misuse.

Silva FC, Vitale MSS, Maranhão HS, Canuto MHA, Pires MMS, Fisberg M. Regional differences of knowledge, opinion and use of emergency contraception between Brazilian College of healthcare courses.	Journals of Public Health (2010)	Quantitative, observational, transversal study.	The study found that 42% of sexually active women had used emergency contraception, 35% believed that emergency contraception was an abortive method.
Hartmann JM, Cesar JA. Knowledge about latex male condom among adolescents: population-based study in the semi-arid Northeast, Brazil.	Journals of Public Health (2013)	Quantitative, transversal.	The study showed the male condom knowledge not by teenagers of two semi-arid cities of Piauí. Of 2,241 teenagers, 18,8% said not knowing condom. Being female, having low schooling, young age, does not have a girlfriend, increased the probability of not knowing condom.
Kempfer SS, Fraga SMN, Mafra TJ, Hoffman ACS, Lazzari DD. Contraception in adolescence: a matter of self-care.	Research Magazine Critical Care is basic (online) (2012)	Qualitative, descriptive.	Teenagers have good knowledge about the pill and the condom, but little knowledge about the other methods and about sexuality, in general.
Martins LBM, Costa-Paiva L, Osis MJD, Sousa MH, Pinto Neto AM, Tadini V. Knowledge about contraceptive methods by teenage students.	Journals of Public Health (2006)	Quantitative, transversal.	The level of adequate knowledge about contraceptive methods was low in adolescents of private and public schools. The factors associated with greater knowledge were being female, studying in private school, being in high school, have high socioeconomic level, having sexual intercourse and have higher age.
González-Garza C, Rojas-Martínez R, Hernández-Serrato MI, Olaiz-Fernández G. Profile of	Public Health of Mexico (2005)	Quantitative.	In this survey of Mexican teen 69,2% of teens reported knowing at least one method of fertility control, but only

sexual behavior in Mexican adolescents 12 to 19 years of age: resultados de la ENSA 2000.			37% used a contraceptive method at first intercourse. Male teenagers, with higher education and knowledge of any contraceptive method, which initiated the sex life more belatedly were more likely to use contraception at first intercourse.
Mendes SS, Moreira RMF, Martins CBG, Souza SPS, Matos KF. Knowledge and attitudes of adolescents facing contraception.	Pediatric Nursing Magazine of São Paulo (2011)	Quantitative, descriptive.	Among teenagers represented in this study 36% reported having active sex life, with current use of any contraceptive method, having the highest proportion of girls use (77%) while the boys only 66%. More than half (55%) reported knowing a condom along with the oral contraceptives and injectables.
Fétis N Giselle, Bustos M Luis, Lanas Z Fernando, Baeza W Bernardita, Contreras R Juan, Hebel N Esteban <i>et al.</i> Factors associated with contraceptive use in students from schools of Temuco commune.	Chilean Journal of Obstetrics and Gynecology (2008)	Quantitative, transversal.	In this study, 37% of teens used some contraceptive method at first intercourse. However, some reasons for non-use were listed as: lack of money to buy, the lack of conversation between the couple.
Alfaro AC, Fiffe YM, Roche RG, Valera AM, Sosa DP. Socio-demographic characteristics and sexual and reproductive behavior in adolescents and young people.	Cuban Nursing Magazine (2007)	Quantitative, descriptive and transversal.	Of the 34 adolescents who participated in this study 3,7% reported having had sex and the most widely used method of contraception for both sexes was the condom (69,4 %). Only 0,7% of teens between the ages of 10 to 14 years used contraception.
Brêtas JRS. Knowledge and use of contraceptives by	Nursing Magazine of Minas Gerais	Descriptive.	This research showed that teenagers have sufficient information to choose a

adolescents.	(2005)		method and its subsequent use, however, despite the information about the use, some factors interfere very much in adherence, and thus few use continuously. They demonstrated knowledge of at least one contraceptive method, with the most cited the condom and the pill.
Mendonça RCM, Araújo TME. Contraceptive methods: the practice of teen agricultural schools of the Federal University of Piauí.	School Anna Nery Nursing Magazine (2009)	Quantitative, transversal.	The results showed that the average age at first sexual intercourse, the female, was 15 years (37,5%), and, in males, 76,7%, between 14 and 15 years. As for the use of contraceptive methods, most made use in first sexual intercourse, where the condom was prevalent, with 100% pointed to by males and 91,6% by female.

Currently many adolescents begin sexual activity early and factors such as the lack of knowledge about contraception and reproduction are associated with this reality. In addition, the impact and the impact of early sexual initiation, these adolescents, they become aggravated by lack of knowledge, reflection and critical awareness against sex.¹³ Expectations of future life are significant factors in influencing contraception, which in individuals with poor prospects, pregnancy can be considered a priority of life, as a form of love or appreciation by partners and even an achievement of greater autonomy within the family setting.¹⁴

Adolescence is a period in which individuals suffer strong external influences and especially the group in which they live, which reflects in the choice of contraceptive method. Thus, it is necessary to provide democratic space planning, evaluation, where teens share experiences with each other, encouraging their participation in health promotion activities. Therefore, it is important a holistic approach to the individuals and cultural issues of adolescents, which is a citizen's right.^{3,13}

A study with college teens held in São Paulo showed that most sex (40,3%) is not planned, and that adolescents with initiated sex life consider as the best method for a stable relationship of the combination pill with condom (50,7%) or pill (36,1%). Unstable relationships prefer using both methods together (52,8%), or condom (41,6%). Adolescents with or without initiated sexual activity, said they should use condoms in all sexual relations (92,6%), as 46,1% for the condom did not interfere with sexual intercourse and 23,1%

considered that the use condom decreases pleasure. Moreover, most of the adolescents (65,1%) would not agree to have sex if the partnership did not want to use it, but 17,6% agree well knew the person.⁵

In a survey conducted in Pernambuco, about four in ten students reported having had sexual relations in life, being observed a significantly higher proportion among boys (70,4%) compared to females (26,4%). Regarding the number of lifetime sexual partners, 60,3% of boys and 23,5% of girls reported having had three or more partners. Among the young people initiated sexual life, the vast majority reported using a condom during last intercourse and did not present significant difference between boys and girls. Most teenagers, regardless of whether sexually active, said he knew the contraceptive method of emergency, although 35% reported that they never received information about it. The main agents of information were friends (15,5%), parents or relatives (14,6%), health professionals (14%) and teachers (10,6%).³

The most widely used form of contraception among adolescent students in studies conducted in 2007 and 2010, was the male condom.^{15,4} This is a widespread contraception, through numerous educational campaigns, since it is one of the few methods which gives the double individual protection.⁴ The acquisition of skills should be made possible through the educational practices in order to make possible the decision-making in search of a better quality of life. The nurse has a primary role, along with this population group, in developing these individual and collective educational practices, ensuring their human rights, the development of their sexuality, consenting to equity and respect between genders.⁶

In a study conducted in southern Piauí, 18% of the subjects said they had never seen or even never heard of condoms.⁷ However, a study conducted in three agricultural schools linked to the Federal University of Piauí, showed that teenagers know many methods, the most common being condoms (96,3%), followed by the pill (83,7%).¹⁶ Thus, early sexual initiation among adolescents way cause concern due to frequent association of this behavior with lack of knowledge about contraception and health reproductive. Moreover, it has been observed to low family involvement, school and health services in the educational process of these adolescents, who resort to friends, also teenagers, and probably not prepared for it.³ Therefore, it is not enough just to inform, is necessary to know what teenagers think and know where the deficiencies in the gaps between knowledge and practice.⁵

The prevalence of any type of MACs used by sexually active adolescents in Rio Grande do Sul was 87,9%, and its use is related to schooling, since adolescents with four years of schooling or less had a higher risk of not using any method, when compared to those with nine years or more.¹⁵

In the state of Santa Catarina research corroborated the fact that adolescents of both sexes confirm know the condom and the pill, and the school, friends and their own family environment are probably the main sources of information. However, other methods, less popular, were seldom mentioned, and therefore not well known. It was also demonstrated the lack of information about sexuality adolescents, generally; and in particular relates to contraception and the prevention of sexually transmitted diseases.⁶

In research conducted in Cuba, it was found that adolescents do not value other consequences that can occur from sexual intercourse, the possibility of pregnancy and acquiring sexually transmitted diseases. However, know the most appropriate age to get pregnant and the most appropriate contraceptive methods for their age, as well as information on the most common infections and how to avoid them.¹⁷

Study aimed to compare the knowledge of contraceptive methods and identify factors associated with adequate knowledge among adolescents in public and private schools, found that a large proportion of adolescents (95%), in both types of institutions, said he knew some kind of contraception, and the male condom, the pill and female condom, the best known.⁸

This fact is related to the success of government campaigns that have been going on in recent decades due to the AIDS epidemic, but does not mean that young people actually using the above methods, adequately and continuously since the contraceptive behavior is complex to them, according to the characteristics of this phase of life.^{6,17} was observed in a study in Chile, that teenagers are informed about how to protect themselves from risks. However, the decision to use contraception is postponed, and this is due to the spontaneity of sex, the ignorance of the methods and the belief that the methods do not require.¹⁸

Therefore, it is recommended to perform more early and effective interventions in the school and family environment that address psychosocial aspects in the motivations that teens have, and thus generate changes in attitudes and behaviors for a safe and secure sexuality. Developments in health programs, mainly focused on reproductive health, proposing sex education are important strategies to help teenagers prevent problems and improve their reproductive health.¹⁸⁻⁹

Importantly, the nursing professional, has significant importance in this process, but for this it is necessary preparation for taking on this role, because often these professionals have difficulties in receiving and orientation of adolescents who seek health services, by failures in their professional training, in addition to having beliefs and values inadequate for today.¹⁶

CONCLUSION

This study showed that young people currently begin their sexual activity increasingly early. This has provided a gradual increase access to and knowledge about contraceptive use. However, we observe also many uncertainties in relation to contraceptive methods. It is therefore necessary investments in sexual education of adolescents, providing access to knowledge about contraception practices.

Therefore, we emphasize that it is essential to provide teenagers a better knowledge about contraceptive methods available, providing general information of its uses and benefits, showing the potential users that it is a safe and effective method.

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Contact of the corresponding author:
Anna Karolina Lages de Araújo. Universidade Federal do Piauí. Campus
Ministro Petrônio Portella. Departamento de Enfermagem. Bloco 12.
CEP 64049-550, Teresina - Piauí. Fone (86) 32155558.
Email: karol_lages@hotmail.com